THE FORT BLISS RESTORATION & RESILIENCE CENTER

NAVY AND MARINE CORPS COMBAT & OPERATIONAL STRESS CONFERENCE 2010:

"TAKING ACTION, MEASURING RESULTS"

NAVAL CENTER

COSC

COMBAT & OPERATIONAL STRESS CONTROL

Coming Home
STRONG!

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COMBAT & OPERATIONAL STRESS CONTROL

Mission Statement

The Fort Bliss Restoration and Resilience Center
restores optimal functioning and battle-readiness
to neurophysiologically, psychologically and spiritually challenged
post-deployment Soldiers and their families
using integrated state-of-the-art treatment
to stimulate maximum resilience.

Ribbon-Cutting - 11 July 2007

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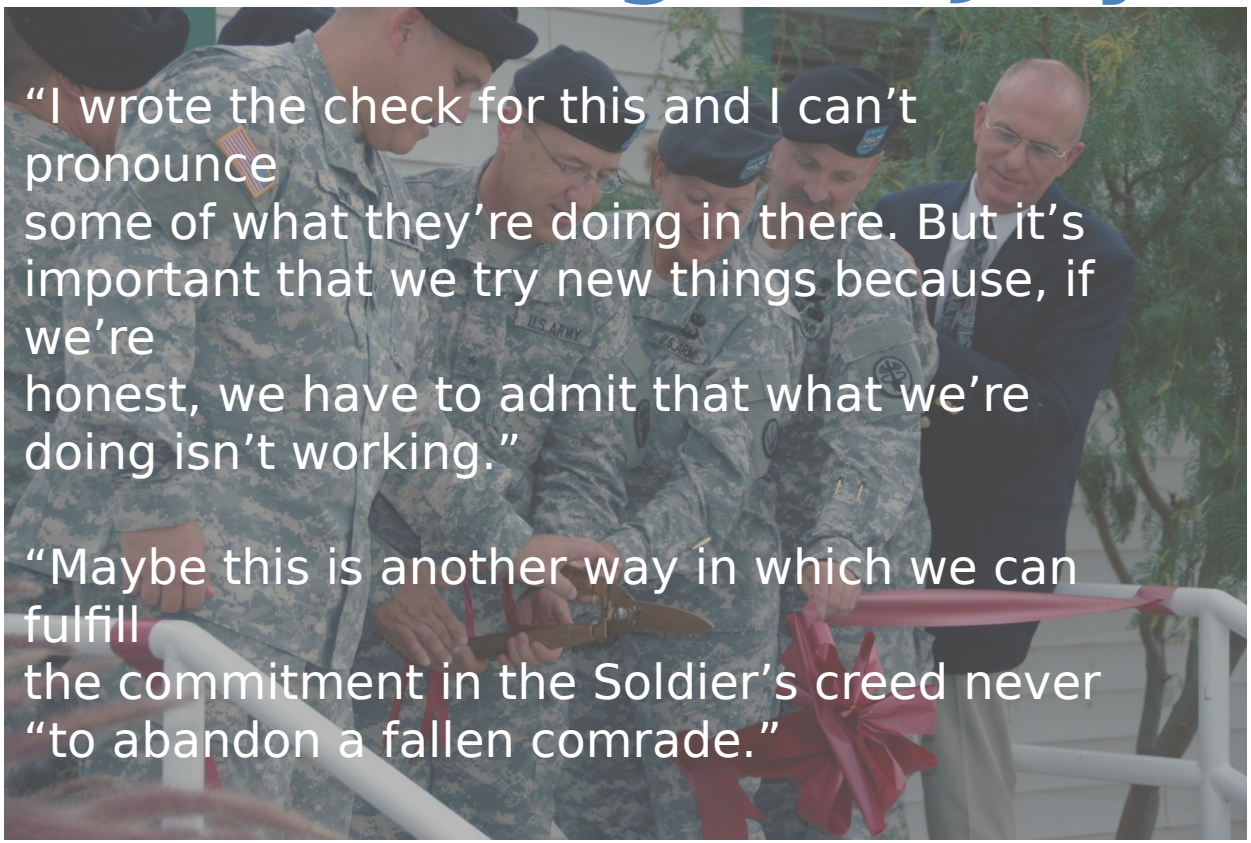

"I wrote the check for this and I can't pronounce
some of what they're doing in there. But it's important that we try new things because, if we're
honest, we have to admit that what we're doing isn't working."

"Maybe this is another way in which we can fulfill
the commitment in the Soldier's creed never "to abandon a fallen comrade."

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VIP Visits

- Hon. Robert Gates, Secretary of Defense
- Hon. Pete Geren, Former Secretary of the Army
- Hon. John McHugh, Current Secretary of the Army
- Admiral Mike Mullen, Chairman, Joint Chiefs of Staff
- CSM William Gainey, Former SEAC, Joint Chiefs of Staff
- General George Casey, Chief of Staff
- General Richard Cody, Former Vice Chief of Staff
- Lieutenant General Martin E. Dempsey, CG, TRADOC
- Chaplain (MG) Douglas L. Carver, Chief of Chaplains
- Lieutenant General Eric Schoomaker, The Army Surgeon General
- Many other general grade officers
- Congressman Duncan Hunter & Spouse
- Congressman John Murtha & Spouse
- Senator John Cornyn
- Members of the staff of the House Armed Svcs. Comm.
- Members of the staff of the Senate Armed Svcs. Comm.
- More than 75 visits in first year

Diagnostic Theory

PTSD is a complex condition involving:

- Subtle damage to the brain; dysregulation of CNS and PNS
- Impairment in thinking, emotion and behavior
- Social problems
- Spiritual confusion

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Treatment Theory

Effective treatment must be:

- Comprehensive, addressing all aspects of the condition
- Intensive, to produce profound rehabilitation of mind, body and spirit
- Of Sufficient Duration to achieve lasting change

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Treatment /Intervention Tracks

- Arousal Reduction
- Agoraphobia/Claustrophobia Reduction
- Sleep Improvement
- Memory Function Rehabilitation
- Cognitive Error Remediation
- Emotional/Grief Work
- Military Reintegration
- Spiritual Healing
- Re-Socialization/Family Reintegration

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Modalities of Treatment

- Psychiatric Care (Medical evaluation, medication management)
- Psychotherapy (Individual & Group)(EMDR, Hypnotherapy, psychodynamic, grief work, CPT, CBT, Life Coaching)
- Biofeedback (EEG Neurofeedback, Quantitative EEG, Breath Coaching, Audio-Visual Entrainment (AVE), FreezeFramer®, Wild Divine®, Stress Eraser®, emWave® and RESPeRATE®)
- Psychoeducation (Nutrition, Sleep Hygiene, Alcohol/Drug, Finance, Couple Dynamics, PTSD 101, Panic disorder, Psychotropic Meds)
- Alternative Medical Interventions (Acupuncture, Reiki, Therapeutic Massage, Cranio-Sacral Therapy)
- Expressive Therapies (Art Therapy)
- Mind-Body Therapies (Qi Gong, T'ai Chi, Yoga, Yoga Nidra)
- Recreational Therapies (Water Polo, Therapeutic Outings)
- Meditative/Spiritual Interventions (Meditation, Progressive Muscle Relaxation, Sweat Lodge, Warrior Spirituality Groups, Spiritual Counseling)

The Facility

- 1940’s barracks
- 6,000 square feet
- Rehabbed for $549,000
- Equipped for $170,000

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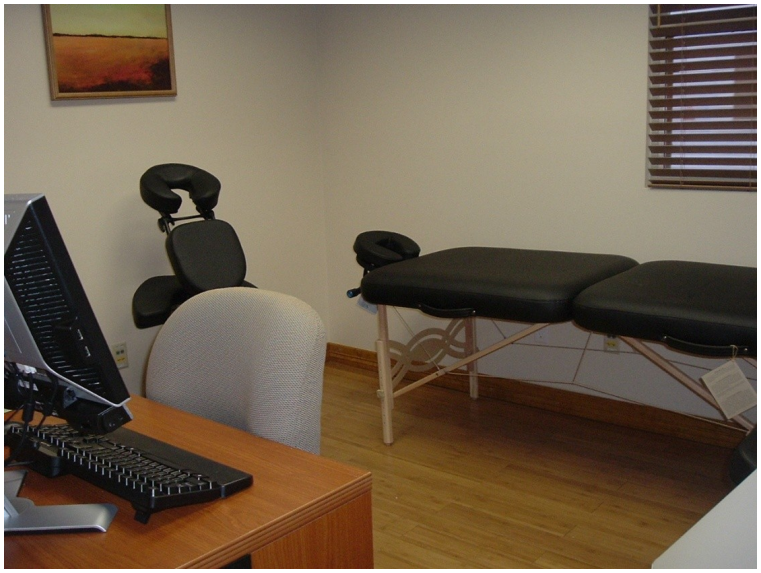
- 1 Bio/Neurofeedback
- 1 Testing/Cog Rehab
- 2 Family Therapy
- 9 Individual/Couple Therapy

3 Alternative Medicine Rooms



- 1 Acupuncture
- 2 Medical Massage /Reiki Treatment Rooms

Meditation Room

Warrior Lounge

Conference/Group Room

Movement Therapy Room

(Aerobic “sprung” floor)

Wide-screen TV with cable, beanbag chairs, sofa
Computers for games/e-mail access
Wii / Playstation
Ping Pong Table
Game Table
Dartboard
Universal Gym/Mirror

Rec Room

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Retention Data

NOTE: All Soldiers admitted to the R&R Center program would have been medically discharged.

Therapeutic Effectiveness ***(1 Sep 2007 – 9 Dec 2009):***

- ***Admitted: 122***
- ***Currently in Treatment: 22***
- ***Disenrolled:* 5***
- ***MEB'd before completion :***
  PTSD = 10, MH = 2, Medical = 16 Total: 28
- ***Fit For Duty (FFD) graduates: 67***
- ***Retention rate: 67%***

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Enrollment & Cost Projections

ENROLLMENT

- ***Projected Number of Soldiers To Be Treated per year: 100***
- ***Projected Number Expected to Return to Force: 60***

COST

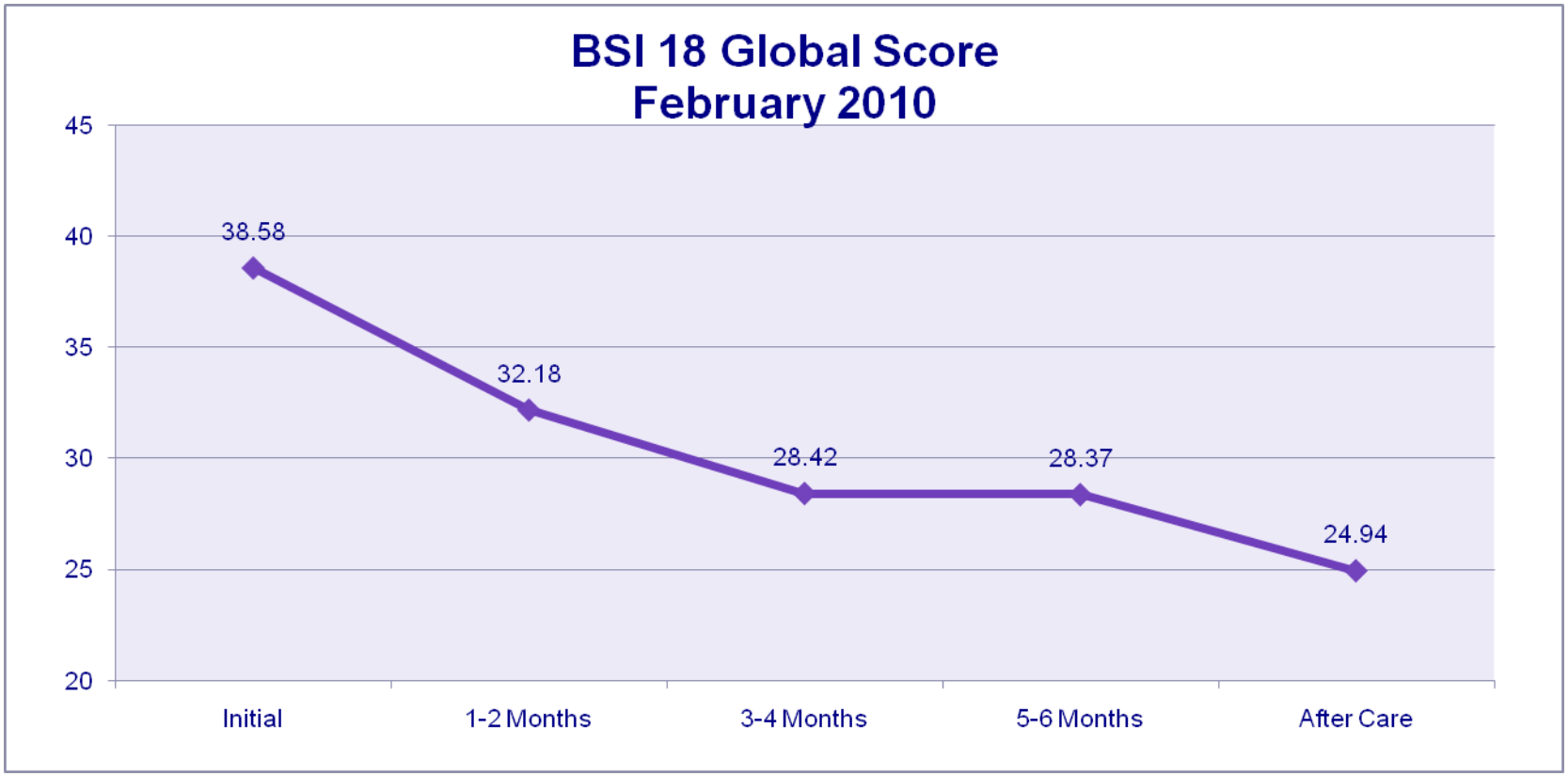
- ***Program Cost FY 2009: $1.7 million***
- ***Cost Per Soldier Returned to Force: $28,333***

VERSUS

- ***Cost of Medically Retiring a 25-year-old E-5***
  - ***Recruiting and Training Replacement 80,000***
  - ***Medical Pension ($1,500/month X 15 yrs X 50%) 135,000***
  - ***Family TriCare for 15 years??? 100,000***

$315,000

Clinical Data



Clinical Data